

Recipe for



Beet Salad

SERVES 1

PREP TIME/TOTAL
TIME Approx 5 min/ 10 min

NUTRITION INFORMATION

Total Calories 166

Fat 2.3 g

Protein 10.9 g

Carbohydrates 33.5 g

Fiber 12.6 g

INGREDIENTS

2 medium golden or red beets

4 tbsp of balsamic vinegar

8 small florets of cauliflower

1/4 tsp of turmeric

1 clove of garlic

1/4 tsp of rosemary

1/2 lemon

DIRECTIONS

Dice beets and roughly chop cauliflower

Marinate in 4 tbsp balsamic vinegar, 1/2 lemon, turmeric & minced or diced
garlic and rosemary until vegetables soften

Add diced onion and herbs (basil or oregano)